



18 Lorsch Triathlon

Lorsch / 13.08.2023

0000

Sebastian Reidel

000: 1:11:27

00: 13

00: 25.50 km

Lorsch Triathlon 0,5-20,5,0

00000/000: 63 (of 343)

00000/0: 59 (of 262)

000000: 58:32

0000:

männliche AK 1 (TM 20)

00000: 5(of 15)

0000000: 1:06:00

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	13:14	26:27	13	4:37	214	6:17	0.50	13:14	26:27	16	4:37	263	6:17
Wechsel S -> R	-	2:36	-	5	0:59	117	1:20	0.50	15:50	31:40	16	5:36	198	7:24
Schwimmen 000	0.50	15:50	31:40	16	5:36	198	7:24	0.50	15:50	31:40	16	5:36	198	7:24
Rad netto	20.00	34:58	1:44	5	10:34	67	10:34	20.50	50:48	2:28	16	11:15	263	12:32
Wechsel R -> L	-	0:32	-	1	-	6	0:05	20.50	51:20	2:30	16	11:02	263	12:12
Rad 000	20.00	35:30	1:46	4	10:21	51	10:21	20.50	51:20	2:30	16	11:02	263	12:12
Lauf Ziel	5.00	20:07	4:01	4	20:07	31	20:07	25.50	1:11:27	2:48	5	5:27	59	12:55